

COMMUNITY RENEWAL TEAM **DECEMBER** 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
						1	BBQ Pork Sweet Potato Fries Spinach 100 % Whole Wheat Bread Fresh Fruit
5	Swedish Meatballs / Gravy Parslied Egg Noodles Green Beans Rye Bread Fresh Fruit	6	Orange Juice Lasagna w/ Creamy Tomato Sauce Steamed Broccoli Garlic Stick Pudding Cup	7	CLOSED	8	Fruit Punch 100 % Juice Apricot Glazed Kielbasa White Rice California Blend Veggies Wheat Bread Jello Cup
12	Grape Juice BBQ Grilled Chicken Breast Tater Tots Capri Blend Vegetables Rye Bread Jello Cup	13	Country Fried Steak Garlic Mashed Potatoes Seasoned Corn 100 % Wh Wheat Bread Fresh Fruit	14		15	Apple Juice American Chop Suey Peas Dinner Roll Fresh Fruit
19	Fruit Punch 100 % Juice Cheese Manicotti w/ Basil Garlic Marinara Sce Spinach Garlic Knot Wholegrain Fruit Oatmeal Bar	20	Baked Chicken w/ Gravy Mashed Potatoes Buttered Corn Biscuit Fruited Yogurt Cup	21		22	Orange Juice Merlot Beef Tips w/ Mushroom Onion Gravy Parslied Egg Noodles Grilled Asparagus Wheat Dinner Roll Cookie
26	CRT Closed In Observance of the Holidays Seasons' Greetings !	27	Tangerine Chicken Vegetable Fried Rice Broccoli Florets 100 % Wh Wheat Brd Fresh Fruit	28		29	Orange Juice Boneless Pork Chop w/ Apples and Onions Cornbread Stuffing Parslied Carrots 12 Grain Bread Eggnog & Cookie
							30

CLOSED

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.